



# Kivitski

THE NEWSLETTER OF THE SASKATOON NORDIC SKI CLUB

[www.saskatoonnordicski.ca](http://www.saskatoonnordicski.ca)

November 2019

## Fall Hiking Fun – photos supplied by Sheryl Riis



## **SASKATOON NORDIC SKI CLUB PERSONNEL**

**President**  
Gail Motsi

**Past President**  
Dan Brisbin

**Vice-President**  
Ivan English

**Secretary**  
Susan Wall

**Treasurer**  
Kimberly Dobrowolski

**Financial Secretary**  
Daryl Sexsmith

**Membership**  
Jeff Thorpe

**Youth Programs**  
Kirsten Ketilson and Eric Lamb

**Eb's Trails**  
Vacant

**Touring & Hiking**  
Sheryl Riis

**Instruction/Competition**  
Bruce Simms

**Junior HiPer**  
Alison and Geoff Meinert

**Ski-at-School**  
Jan Sedgewick

**Equipment Manager**  
Brian Anderson

**Blind and Visually Impaired**  
Joanne Ferguson

**Newsletter Editor**  
Renate Bishopp 343-0156  
hisrib@shaw.ca

**Contact SNSC via the web!**

**[www.saskatoonnordicski.ca](http://www.saskatoonnordicski.ca)**

Box 2062, Saskatoon, SK  
S7K 3S7

## **PRESIDENT'S MESSAGE**

**Gail Motsi**



Thank you to everyone who attended the Annual General Meeting and the ski swap on October 28th. I think the snow that evening got everyone's hopes up. Fingers crossed that we get a bit more soon so that we can get out on the trails.

Also, thanks to the Executive members who retired this year, Randy Chapman and Kate Germin, and welcome to the new Executive members who stepped forward to fill positions, Kimberly Dobrowolski as Treasurer and Sue Wall as Secretary.

Our financial statements from last year and the budget for this year have been approved by the members. We will continue similar programs this year as last year, with possibly some expanded trails at Holiday Park while we wait for our new facility to be constructed.

If you are looking for a Christmas gift for someone or a charitable donation to make to reduce your taxes, please consider donating to the Gordie Howe Sports Complex. Government funding has been secured for the new facility, but there are still funds needed for improvements such as lighting and snowmaking for instruction.

### **Annual Meeting with the City of Saskatoon**

**On November 14th**, a delegation from the Saskatoon Nordic Ski Club met with City officials to review programs and ski trails for the forthcoming ski season. The meeting is held every year as a precursor to the City's grant to the Club for grooming in the City.

We informed the City that the Club would continue grooming at Kinsmen and Wildwood. We also mentioned our plans to add additional trails at Holiday Park in collaboration with the City's groomer there. The major issue for the Club this year is the lack of storage at Kinsmen for our skidoo. We discussed various options, including the rental of a storage container for this year.

The City advised they will continue grooming the Meewasin Park, Diefenbaker and Forest Park trails. They also invited Club members to attend an Open House to be held at Frances Morrison Library on Monday, November 18th from 3:30 to 7:30 p.m. to discuss feedback on parking and transportation options at Kinsmen Park (<https://www.saskatoon.ca/engage/kinsmen-park-parking-and-transportation>).

In conclusion, the Club thanked the City for their ongoing support, not only for grooming but also for programs like Ski At School and expansion to our new facility.



## FACILITIES COMMITTEE By Ivan English

The facilities committee is engaged with the Friends of the Bowl in discussing the plans for the time when the shared facility at Gordie Howe Sports Complex is completed. The start date of construction is not yet determined as some seed money is required to access the federal funding this summer. It is hoped that the main building will be completed next spring, with the grooming equipment garage, timing hut, and snowmaking infrastructure to follow.

At the AGM this fall, the plans for the upgrade of trails at Holiday Park were discussed. This fall, the SNSC hired a golf course architect to accurately estimate the costs of trail upgrades. The estimates for lighting still need to be completed, and the entire project cost to be presented to the city at a later date.

The fundraising campaign is now entering the final phase for the Gordie Howe Sports Complex. Some of the SNSC membership have already been contacted through the Friends of the Bowl to assist with the final fundraising push to complete the projects at the GHSC. If you would like to help with the final phase of construction of what will be a significant improvement for the sports community of Saskatoon, please go to the website <https://gordiehowesportscomplex.ca/>. You can identify your donation as an SNSC member if you wish, and further contact information can be found there.

## SKI-AT-SCHOOL by Jan Sedgewick

We are happy to report that all 86 spaces for this popular School programme have been filled. We also have a sufficient number of coaches lined up although more volunteers would be welcomed. Now all we need is snow, lots of snow and appropriate temperatures to get those youngsters on the “boards”.

## Of note ...

### Another longtime, faithful member has stepped off the trail...



**CAMERON, Nita**

It is with great sadness that the family of Nita Cameron announces her sudden and unexpected passing on Friday, June 14, 2019 in the ICU at the Royal University Hospital in Saskatoon at the age of 67. Left to cherish Nita's memory is her sister Doreen (Bob) Gordon, her brother Roger (Diane) Cameron, nephews Kevin (Nancy) and Kelly Gordon, Cheyne Cameron (Lila Brown) and numerous cousins and friends. She was predeceased by her parents, George and Kathleen Cameron and by her only niece, Tara Cameron. A Memorial Service in Saskatoon to remember Nita will be announced at a later date. If so desired and in lieu of flowers, memorial donations may be made to the Meewasin Valley Authority 402 - 3rd Ave South, Saskatoon, SK S7K 3G5, [www.meewasin.com](http://www.meewasin.com).

where Nita loved to walk along the Meewasin Trail and enjoy the outdoors. Donations may also be made to the ICU Education Fund at the Royal University Hospital, 103 Hospital Drive, Saskatoon, SK S7N 0W8. Condolences can be sent to [www.eternalmemoriesfuneral.ca](http://www.eternalmemoriesfuneral.ca). Funeral arrangements have been entrusted to Battlefords Funeral Service (306-446-4200).

## Dana Hike Epilogue by Cliff Speer; Photos by Daniel Schott

October 6<sup>th</sup> turned out to be a good day for hiking in the wilds of Saskatchewan about 75 km east of Saskatoon. It was pretty breezy, but sunny and afternoon temps hit a high of 16° C, pleasant enough for an early fall trek over the rolling terrain of the Dana hills. A promising forecast several days prior must have helped to inspire a record turnout of 40 hikers, a first for the fourth year of this relatively new hike. Pleasant conditions definitely help, but I'd like to think that people are finally figuring out that this is the one hike they shouldn't miss out on!



The hike takes in some of the most scenically interesting landscape anywhere within a couple of hours drive from Saskatoon. Open meadows interspersed with forested trails through aspen bluffs and continually changing terrain create the variety to make for a fascinating trek. Many small lakes and pothole sloughs provide prime habitat for an abundant population of larger mammals and waterfowl. We have encountered wildlife on past hikes, but the sight and scent of an army of 40 would be enough to scare any self-respecting moose to head for the hills!

When I first discovered the area about 10 years ago, I was captivated by the beauty and potential of the place, but it took several scouting trips to figure out how to piece together a disconnected maze of trails into one continuous circuit and create a hiking route meeting the Nordic Club requirements. During



*Cliff (left foreground) leading his troupe of 40 over hill & dale*

that time I was still working on revisions to the Carpenter Hike that became the Wakaw Hills Hike and some fine tuning to the Rock of Ages Hike. After some final scouting at Dana it was trial time and on Nov. 15, 2015 a keen group of 26 turned out for a pilot run.

Now that I had the geography pegged, the stickler was finding an accompanying post-hike supper for the first official hike in 2016. Sheryl (tour coordinator) is of the opinion that **a hike is the supper!** I didn't dare disappoint her! No luck in finding a fall supper in any community close by, however Dancing Sky Theatre in nearby Meacham had a chef for their supper theatre productions, so a call to their manager saved my bacon!



*Trekking through the perfect combination of forest and meadow*



I had to skip leading the hike in 2017 due to a mid-Oct death in the family. The following year the Meacham theatre was under going renovations, but I managed to talk the Champetre County Wild West Resort, about a 20 min. drive from our hiking trailhead, into cooking up a catered supper for us. This family run resort is truly wild with lots of fascinating things to explore. Our host Francine has provided us with a guided



*Our hikers (minus photographers) posing at the Sask Wildlife Federation fieldstone cairn hilltop lookout on the final lap of the hike.*

tour of their many attractions each year. Afterwards, we've sampled liquid refreshments in the Howling Coyote Saloon, complete with a jail for rowdies to spend time sobering up, while supper is being prepared. Tasty cuisine, great hospitality, superb atmosphere - it's all icing on the cake for rounding off a fine day of trotting about the Sask countryside!



*Do clowns wear red at a rodeo? At Champetre you can clown around on a bucking bronc or bull (looks like either!), fully "attired" in rubber for a smoother ride, and fully tethered in case the bull gets too rambunctious!*

## SUNDAY HIKING TOURS FALL 2019 – Update By Sheryl Riis, Touring Co-ordinator

Thank-you all the tour leaders, trail creators/clearers, and all the participants who make our hikes so delightful! I am very grateful to all of you. I am hooked on attending every hike... and supper! I love to "disappear" into the countryside with everyone, regardless of the weather, spending a day outside, hiking/chatting/eating with friendly people. It is incredibly therapeutic!

We started our season early with Heather Bernhard's lovely Miner's Creek hike, and the MacDowall Fall Supper. The cows were not quite sure what to think of us tromping through their bush, though. Then, at Redberry Lake, we had a +24 day that allowed us to have some bonus beach time, with people wading, and skipping stones! We ended the hike with a wiener roast, and the day was so perfect, people were reluctant to leave.

Our first Eb's Trails hike was a lovely walk along our cleared ski trails. Thank-you again to everyone clearing the trails, and maintaining the huts/washrooms. Then, 40 of us were treated to Cliff Speer's sunny Dana Hike, and a tour/supper at Champetre Country Resort. Jeff Thorpe led us along the South Saskatchewan River, for his Buffalo Pasture Hike, followed by the tasty Rosthern Fall Supper.

Bob Katarynych led us through as many sheltered areas as possible, on a blustery Borden Hike. It was our first snowy hike, but very refreshing. It was followed by the amazing Langham Fowl Supper. The décor and tables filled with pies are best witnessed/tasted in person. The season ended with another Eb's Trails hike, and the Wakaw Fall Supper. I cannot think of a better way to spend my fall Sundays!!!

Now, we wait for sufficient snow, for track-setting, and cross-country skiing!

**\*Please watch for cross-country skiing updates, on the Saskatoon Nordic Ski Club website, and Yahoo Groups. We will meet at 9:45 a.m. across from the Lawson Civic Centre, in the Lawson Height's Mall parking lot, by the park, for carpooling to Eb's Trails, when the season starts (We usually leave Eb's around 3 p.m.). Members also often connect to go skiing, during the week.**

Sheryl

## **EB'S TRAILS NEWS** by Randy Chapman

The trails were scouted and deadfall removed during August.

We completed the mowing on September 27. Deadfall continues to drop and volunteers continue to remove it. The hand scything is also completed.

The slough on Willow View had logs showing that are now removed, using grappling hook, saws, ax, rope and superhuman effort.

We plan to install the tracks on the pulling machine on November first and cut firewood for the shelters on November second. As the snow comes, we are then ready for the ski season.

Bob Katarynych has rebuilt the roof on the biffy at the south shelter. Heather is painting and redecorating at both shelters and biffys.

## **BLIND AND VISION IMPAIRED SKIERS** by Conrad Lange, Public Relations

On Saturday October 5, the blind & low vision skiers and guides began the 41st year of activity with the annual Hike & Wiener Roast at the George and Loretta Kuntz acreage. We had a good turnout of members, including children and two dogs. We were blessed with a sunny day and temperature of 10 degrees. George had mowed the grass on the 2.5 km trail, resulting in a comfortable walk. As in previous years, George did the cooking on his fire pit, and Loretta helped with the refreshments of coffee, fruit juice and cookies. Pictures were taken to post on the Nordic Club Facebook page.

Following our hotdogs, we had a meeting to plan our scheduled activities. Our first walk on the Meewasin Trail would be October 19. Our Christmas Ski & Potluck Lunch at the Kuntz acreage was planned for December 7. Skiing at the Wildwood Golf Course would

take place once ski tracks have been set. Our annual Family Pizza Day is tentatively set for January 2020. This year four members want to attend the Ski for Light competition at Kannanaskis Park, Alberta, February 3 to 9, 2020.

Our ski club had a positive experience this year on our first walk Saturday October 19, on the Meewasin Trail. We appreciated free parking by the Kinsmen Park children's playground. It felt like "home again"; it has been two years since we last walked on this location due to the former Mendel Art Gallery being renovated into the Nutrien Wonderhub. We walked north to the 42<sup>nd</sup> Street Bridge. The sun was shining, and there was no wind. We could hear many geese on the river. It was great to have the Kindle Café for refreshments, and this cafe was close to our cars.

Our club welcomes new blind and low vision people and new guides who would be interested in joining us for Saturday morning walks and skiing. A guide is provided for the weekly events, and there will be a diagonal stride ski lesson taught by a SNSC member. Once the snow comes and ski tracks are set, we will meet at 9:45 a.m. at the Wildwood Golf Course on 8th Street. We usually ski for an hour, followed by coffee or tea inside the Wildwood Clubhouse, which is heated and has washrooms.

For further information, you can e-mail Joanne, [joanne.ferguson@sasktel.net](mailto:joanne.ferguson@sasktel.net), or Jola, [jolat38@sasktel.net](mailto:jolat38@sasktel.net)





## Teeing Up by John Dostal, from *Senior Moment*

BACK WHEN skating was developing before our eyes and under our skies we sought any look at the elite. And here, on a worn VHS, was Swedish superstar Thomas Magnusson racing a World Cup event in Obersdorf, Germany.

Magnusson was at the 5km mark, the course sign noted Golf Platz.

Doesn't take a multi-linguist to figure out that the elite were racing, at this point at least, on a Golf course.

Turns out, actually, there have been plenty of golf course segments in international circuits right on up to the most recent Olympic Games in PyeongChang, South Korea.

Certainly, the easier rolls of Alpensia's golf course were welcome relief from the intimidating steep the Olympian Caitlin Patterson named "Hongso Hill"—Great name, girl!—Hongso meaning "flood" in Korean, perhaps suggested by the gusts of wind and snow that blew in from the nearby sea and took its toll on both skiers and wax-techs.

Apparently, PyeongChang is a huge golf getaway in the summer. I trust it plays better in summer than in winter.

But what gets me is the convenience of golf course skiing. The merest bit of white—a sliding surface the substructure of which won't take a grinder to your bases—will suffice for skiing.

Having moved from California to teach skiing in Vermont, golf courses were wonderful. And obvious teaching venues for beginners. Just slide down that hill and, remaining upright, glide to a stop. The more bend in the knee to up the ante. The brakes can come later, along with some falling leaf side-slipping.

But hell, once you've shucked the students, it's rip-it-up time for you. The tracks are great—they are all

yours. Where not to flit? Well the green for sure. I've suffered brain-numbing botanical explanations from course manager on the toll skis take on those close-cropped sections. But most of us just refer to it as "Green Burn", and keep our distance. But as golf course skiing burgeons, an increasing number of clubs simply rope them off.

And there's still more to golf course skiing's appeal. To remind us of this is Dickie Hall of the Mad River Valley, Vermont. Starting off as a dirt bag cross country instructor, his penchant for Telemark turn led to his creation of the North American Telemark Organization (NATO), which spread the style and the off-road outlook through local clinics and tours to more exotic rambles, from Katahdin, Maine to the Alaska's Ruth Amphitheater.

There is a tasty, relatively low-angle hill behind Hall's old house that looks, well, like part of a golf course. And this is where yet more appeal of golf course skiing comes in: skiing as Op Art. Between heading up and firing off some turns on the way down, Hall triumphantly says he has transformed a field of white into a field of green—the seasons optically reversed.

Years ago, during regular golf season, paddling season for me, I had the hull of my solo outrigger strapped to the rack, the struts and "flotation" part inside as I drove the dirt road shortcut that runs next to the local golf course—this is Vermont after all—to the main highway. I recognized four buds from the winter taking their strokes. I pulled over and walked onto the course.



"So Dost, "said one, with mirth on his mind, "what would *you* do with his?" pointing to his lie. I cited the need for some heat, given the sidecut, and suggested it might run to the right at the top.

He nearly holed it. "How the hell did you know that?"

Hey, I've been hacking these links for winters. So, there could be only one response: "I'm a cross country skier."

Submitted by Bruce Simms



# Cross Country Ski Lessons for Adults 2019- 2020

Practically everyone can benefit from ski lessons. While cross country skiing appears deceptively simple, instruction can make skiing less effort and more fun, enabling you to go further and ski faster. A trained instructor can help get you started – or get much better – in one of the best winter sports in Saskatoon! This year we are offering courses to adults in beginner classic and skate skiing. We haven't scheduled intermediate courses, but may open a session if there is sufficient demand.

All SNSC adult instruction courses are taught by Canadian Association of Nordic Ski Instructors (CANSI) certified instructors. Ski lessons take place at Kinsmen Park in downtown Saskatoon on machine groomed trails maintained by Nordic Ski Club volunteers.

Classes (limited to 8 candidates) usually fill up well before start date, so register early to reserve your place. More courses may be added to the schedule as the season progresses, depending on instructor availability, weather, etc. Course fees do not include skiing equipment. If you need rentals, contact Eb's Source for Adventure 306-652-0385 or Escape Sports 306-244-7433.

For general inquiries on the instruction program/registration, please contact the Adult Instruction Coordinator, Bruce Simms at 306-220-6967, Email: [brucesimms@sasktel.net](mailto:brucesimms@sasktel.net) . For inquiries about course content or technical issues, please contact the particular course instructor, Cliff Speer at 306-653-5693, Email: [cliff@canoeski.com](mailto:cliff@canoeski.com) or Bruce at above contacts. If a private or semi-private lesson suits your schedule better than a group lesson, contact Bruce or Cliff to make arrangements.

## LEARN TO CLASSIC SKI COURSES

**Course I:** Dec 10, 12, 17 (7:00 - 9:00 pm) Instructor: Bruce Simms

**Course II:** Jan 7, 9, 14 (7:00 - 9:00 pm) Instructor: Bruce Simms

**Course III:** Jan 28, 30, Feb 4 (7:00 - 9:00 pm) Instructor: Cliff Speer

Each course covers identical content - waxing theory, basic diagonal stride techniques, including balance and weight transfer, double poling, herringbone and snowplow, turning and stopping. Suitable for those who have never skied before or have had no formal instruction.

## LEARN TO SKATE SKI

**Course IV:** Feb 6, 11, 13 (7:00 - 9:00 pm) Instructor: Bruce Simms

A course for those new to skate skiing or those wanting an understanding of the fundamentals of the skating motion on skis. Covers basic skate techniques - free skate, one skate and two skate. You will need your own skate skis or rentals for this course.

### *How to register...*

You can register online through [Zone4](#). Remember that members get a \$25 discount per course. If you have questions or are unable to register on-line contact Instruction Coordinator Bruce Simms: [brucesimms@sasktel.net](mailto:brucesimms@sasktel.net).

### *Class location...*

All courses are taught on the training track at Kinsmen Park. Meet the course instructor at the old imitation log warming hut (former park concession booth) situated about 100 metres northwest of the big yellow Ferris wheel in the park (across from the former Mendel Gallery).

### *A note about bad weather...*

Sessions will be rescheduled by the instructor in the event of bad weather. The instructor will contact you if a session needs to be cancelled.

## Course Fees:

<b>Member:</b>	\$95 - \$25 member discount = \$70
<b>Non-member:</b>	\$95

**Please note:** The course schedule is preliminary. Updates on fees and any changes will be posted on the Nordic Club website: <http://www.saskatoonnordicski.ca/adult/adult-ski-lessons>